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STATE OF NEW YORK  
IN SENATE  
January 12, 1909.

# REPORT

OF THE  
COMMISSIONERS OF THE LAND OFFICE  
IN RESPONSE TO A RESOLUTION  
PASSED BY THE SENATE  
MAY 1, 1898.

ALBANY:  
J. B. LEECH, PRINTERS,  
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It is important to know that the authors of this paper are not responsible for any errors or omissions in this paper. The authors are not responsible for any errors or omissions in this paper.

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**Abstract.** The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The control group consisted of 10 men who did not exercise regularly, and the exercise group consisted of 10 men who exercised regularly. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The training program included aerobic and strength training. The HR and HRR were measured at rest and during exercise at the beginning and end of the 12-week period. The results showed that the exercise group had a significant increase in HR and HRR compared to the control group. The HR increased from 72 to 82 beats per minute, and the HRR increased from 28 to 38 beats per minute. The control group showed no significant change in HR and HRR. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

**Keywords:** *workplace spirituality, spirituality, spirituality in the workplace, spirituality in organizations, spirituality in the workplace, spirituality in organizations, spirituality in the workplace, spirituality in organizations*

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11. *Journal of the American Medical Association*, 277:1233-1234 (1997).

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the 1990s, the number of people in the United States who are obese has increased by 50% (1). Obesity is a risk factor for a number of chronic diseases, including heart disease, stroke, type 2 diabetes, and certain types of cancer (2). The prevalence of obesity in the United States is estimated to be 30% (3). The prevalence of obesity in the United States is estimated to be 30% (3). The prevalence of obesity in the United States is estimated to be 30% (3).

**Abstract**

1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

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**Abstract**

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1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

23. **Discontinued/Other Income**—Income and expenses from discontinued operations or from other income-producing activities that are not part of the company's ongoing operations.

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Journal of Internal Medicine 247: 395–402

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2. The *Journal of Management Education* is a peer-reviewed journal that publishes research, theory, and practice in the field of management education. It is published by the American Management Education Association (AMEA) and is one of the leading journals in the field. The journal covers a wide range of topics, including management education, management theory, and management practice. It is a must-read for anyone interested in the field of management education.



Bureau  
 Department of Commerce  
 Bureau of Census  
 Washington, D.C. 20540

U.S. DEPARTMENT OF COMMERCE  
 BUREAU OF CENSUS  
 1200 K STREET, N.W.  
 WASHINGTON, D.C. 20540

# MONTHLY LABOR REPORT

U.S. Bureau of Census, Washington, D.C.

U.S. LABOR FORCE BY SEX, AGE, AND RACE		1964	
Sex	Age	White	Black
Male	15-64	100,000	10,000
	65+	10,000	1,000
Female	15-64	80,000	8,000
	65+	8,000	800
Total		198,000	19,800

U.S. Bureau of Census, Washington, D.C.

1964

# MONTHLY LABOR REPORT

U.S. Bureau of Census, Washington, D.C.

The following table shows the monthly labor force by sex, age, and race for the year 1964. The data is presented in two columns: Male and Female. The rows represent different age groups: 15-64 and 65+. The columns represent different racial groups: White and Black. The total labor force for each group is shown in the bottom row.

U.S. LABOR FORCE BY SEX, AGE, AND RACE		1964	
Sex	Age	White	Black
Male	15-64	100,000	10,000
	65+	10,000	1,000
Female	15-64	80,000	8,000
	65+	8,000	800
Total		198,000	19,800

U.S. Bureau of Census, Washington, D.C.

1. **Administrative Staff:** Includes the Secretary, Assistant Secretary, and various administrative personnel who manage the day-to-day operations of the organization.

2. **Technical Staff:** Consists of experts in various fields who provide specialized knowledge and skills to support the organization's goals.

3. **Program Staff:** Individuals who are directly involved in the implementation and management of the organization's programs and projects.

4. **Advisory Staff:** Experts who provide guidance and advice to the organization's leadership on specific issues or projects.

5. **Volunteers:** Individuals who contribute their time and skills to the organization without compensation.

6. **Partners:** Organizations or individuals who collaborate with the organization to achieve common goals.

7. **Stakeholders:** Any group or individual who has an interest in the organization's activities and outcomes.

8. **Donors:** Individuals or organizations that provide financial support to the organization.

9. **Beneficiaries:** The individuals or groups that receive the services and benefits provided by the organization.

10. **Community:** The broader social group or groups that the organization serves and interacts with.

**Appendix A**

This appendix provides additional information and data related to the organization's operations and impact.

1. **Financial Statements:** Detailed records of the organization's income, expenses, and assets.

2. **Program Reports:** Documents that describe the organization's activities, achievements, and challenges.

**Appendix B: Statistical Data**

For the year ending 31st March 2023

Category	Sub-category	2022-23				2021-22			
		Actual	Target	Variance	%	Actual	Target	Variance	%
Program A	Sub-A1	120	100	20	120%	90	80	10	112.5%
	Sub-A2	80	90	-10	88.9%	70	75	-5	93.3%
	Sub-A3	50	60	-10	83.3%	40	50	-10	80%
Program B	Sub-B1	150	140	10	107.1%	130	120	10	108.3%
	Sub-B2	100	110	-10	90.9%	90	100	-10	90%
	Sub-B3	70	80	-10	87.5%	60	70	-10	85.7%
Program C	Sub-C1	90	100	-10	90%	80	90	-10	88.9%
	Sub-C2	60	70	-10	85.7%	50	60	-10	83.3%
	Sub-C3	40	50	-10	80%	30	40	-10	75%

For complete details, please refer to the full report.